

CITY WIDE - SWIM TRAINING SCHEDULE | SUMMER 2019 | JUNE 30 - AUGUST 31

DOWNLOAD THE REC CENTRES MOBILE APP & BUILD YOUR CUSTOM DROP-IN PROGRAM SCHEDULE! AVAILABLE FOR IOS & ANDROID DEVICES

LOCATION	SUN	MON	TUES	WED	THU	FRI	SAT
KINSMEN SPORTS CENTRE		6-7AM 5L 50M 9:30-10:30 AM 6L 50M OFFERED UNTIL AUGUST 12		6-7AM 5L 50M OFFERED UNTIL AUGUST 14		6-7AM 5L 50M 9:30-10:30 AM 6L 50M OFFERED UNTIL AUGUST 9	
QUEEN ELIZABETH OUTDOOR POOL		10-11AM 6L 25M OFFERED ON AUG 19 & 26		10-11AM 6L 25M		10-11AM 6L 25M OFFERED ON JULY 5 & AUG 23/30	
TERWILLEGAR COMMUNITY RECREATION CENTRE			6-7AM 4L 50M		6-7AM 4L 50M		6-7AM 4L 25M



***Leader-led Programs do not run on Statutory Holidays.** *Schedule subject to change. Please visit edmonton.ca/FacilityNotifications for updates on closures or class cancellations.

- Professional swim coaches will help you improve your swimming technique, speed and endurance.
- Ideal for swimmers who swim for fitness, triathlon or want to learn new strokes and/or skills.
- Participants should be able to swim 200 meters comfortably.

*PLEASE NOTE THE FOLLOWING SCHEDULE CHANGES:

- From Friday, August 16 to Friday, August 30, the Mon/Fri 9:30am Swim Trainings at Kinsmen will move to Queen Elizabeth Outdoor Pool at 10am.
- The Friday, July 5, 9:30am Swim Training at Kinsmen will be moved to Queen Elizabeth Outdoor Pool at 10am due to a special event at Kinsmen.

Kinsmen Swim Training Cancellation Dates:

Monday, July 1-Canada Day
Monday, August 5-Heritage Day

WE'RE ALL IN THIS TOGETHER

- Keep children under 8 within arms reach at all times
- Children under 8 must be accompanied by a caregiver
- Know the water depth before entering
- Free lifejackets available at all City pools
- Obey all pool rules

